



Lansing Parks and Recreation  
Therapeutic Recreation Department presents:

# Adapted Aquatics

**Adults with MS, Fibromyalgia, Arthritis or other physical disabilities.**  
**Practice deep breathing and complete exercises to improve and maintain range of motion. To improve balance and strength reserve 10-15 minutes for walking and noodle work. There are NO make-up dates. \$2.50 per session.**

**Activity #341070A** (No class 4/6 & 4/8)  
3/15-4/28 M&W 5:30-6:15 pm Beekman  
\$20/Res; \$30/Non-Res

**Activity #341070C** (No class 5/31)  
5/3-5/26 M&W 5-5:45 pm Beekman  
\$20/Res; \$30/Non-Res

**Activity #441070A** (No class 7/5 & 7/7)  
6/14-7/14 M&W 5-5:45 pm Beekman  
\$20/Res; \$30/Non-Res

**Activity #441070C**  
7/19-8/11 M&W 5-5:45 pm Beekman  
\$20/Res; \$30/Non-Res



## Registration Information

To register by credit or debit card call (517) 483-4234 or (517) 483-4277.

Online at: [www.lansingmi.gov/parks](http://www.lansingmi.gov/parks)

Or at any one of our four community centers:

Foster Community Center: 200 North Foster • Lansing, MI 48912 (517) 483-4233

Gier Community Center: 2400 Hall Street • Lansing, MI 48906 (517) 483-4309

Letts Community Center: 1220 West Kalamazoo Street • Lansing, MI 48915 (517) 483-4305

Southside Community Center: 5815 Wise Road • Lansing, MI 48911 (517) 483-6686

For more information contact the Therapeutic Recreation Specialist – Joan at (517) 483-4291.

